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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1  **HAPPY NEW YEAR**  OFF | 2  5-7 PM UT  **TRAINING CAMP** | 3  5:30-7:30 AM BEN  **TRAINING CAMP** | 4  5:30-7:30 PM  HAV  **TRAINING CAMP** | 5  OFF  **TRAINING CAMP** | 6  5:30-7:30 PM  HAV  **TRAINING CAMP** | 7  7:30-9 AM BEN  **TRAINING CAMP** |
| 8  OFF | 9  5:30-7:30 AM  UT | 10  4:30-6:00 PM  JAR  6:00-6:30 DRY | 11  5:30-7:30 PM  HAV | 12  5:30-7:30 AM  UT | 13  **MAC INVITE**  **OR**  **AB MEET** | 14  **MAC INVITE**  **OR**  **AB MEET** |
| 15  **MAC INVITE**  **OR**  **AB MEET** | 16  5:30-7:30 AM  UT | 17  4:30-6:00 PM  JAR  6:00-6:30 DRY | 18  5:30-7:30 PM  HAV | 19  5:30-7:30 AM  UT | 20  **TSC WINTER INVITE** | 21  **TSC WINTER INVITE** |
| 22  **TSC WINTER INVITE** | 23  5:30-7:30 AM  UT | 24  4:30-6:00 PM  JAR  6:00-6:30 DRY | 25  5:30-7:30 PM  HAV | 26  5:30-7:30 AM  UT | 27  5:30-7:30 PM  HAV | 28  6:00-7:30 AM  BEN  DRY 7:45 – 8:30 |
| 29  OFF | 30  5:30-7:30 AM  UT | 31  4:30-6:00 PM  JAR  6:00-6:30 DRY |  |  |  |  |